

Intervention: Reducing patient costs for treatments

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

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| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input checked="" type="checkbox"/> Policymakers |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

These interventions aim to reduce or eliminate patient co-payments for effective cessation therapies. Programs include efforts to reduce the financial barriers that may stop patients from using cessation therapies. Techniques include providing the services within the health care system or providing coverage for or reimbursement of patients for expenditures on: (1) cessation groups; or (2) nicotine replacement or other pharmacologic therapies.

Findings from the systematic reviews:

There is sufficient evidence that reducing out-of-pocket costs is effective in: (1) increasing the use of effective cessation therapies; (2) increasing the number of people who attempt to quit; and (3) increasing the number of people who quit successfully.

Qualifying studies evaluated programs that reduced or eliminated patient costs for nicotine gum or other nicotine replacement. Studies observed small but significant increases in the use of cessation therapies (median absolute percentage increase of 7.0 percent). Among studies with follow-up periods averaging nine months, reducing out-of-pocket costs showed a small but significant increase in tobacco use cessation (median absolute percentage increase of 7.8 percent).

References:

[Guide to Community Preventive Services - www.thecommunityguide.org/tobacco/](http://www.thecommunityguide.org/tobacco/)